



☐ **Sense of style**

☐ **Rhythm**

☐ **Confidence**

☐ **Heart disease**

☐ **Hypertension**

What will you pass down?

You got some great things from your parents. One day, you can pass a few on to your kids. In the meantime, let's make sure nothing gets passed along that you'll regret. You have to eat right, get good health care, and make smart decisions about sex. Start now and join thousands of proud Black men and women who are taking charge of their health.

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